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BATTLE A BRUIN

The Winnipeg Jets' Andrew Ladd and the Boston Bruins' Zdeno Chara battle for the puck during second-period NHL action in Winnipeg Tuesday. The Jets beat the Bruins 3-1. See story on page 18.

TREVOR HAGAN/THE CANADIAN PRESS

# Retired soldier avoids jail in tragic accident

**Court martial.** Paul Ravensdale receives six-month suspended sentence, demotion for fatal military test

A now-retired soldier convicted for his role in a deadly training exercise in Afghanistan has avoided jail.

A military judge pointed to former warrant officer Paul Ravensdale's "stellar" career Tuesday as he issued him a six-month suspended sentence, fined him \$2,000 and demoted him to sergeant.

The prosecution had asked for four years in prison.

But Col. Mario Dutil said Ravensdale was failed by his superiors when he was put in charge of both leading the exercise and making sure every-

one was safe.

Ravensdale, 43, was leading a test of anti-personnel mines near Kandahar city three years ago when one misfired and shot hundreds of steel ball bearings in the wrong direction.

Cpl. Josh Baker, 24, was killed and four other soldiers were injured.

Ravensdale was convicted on four charges, including breach of duty causing death.

Ravensdale's lawyer had told a sentencing hearing that his client was involved in a "tragic accident" and had suffered enough.

"The sentence must allow our client to go on with his life," Lt.-Cmdr. Patrice Desbiens told the court martial.

Military prosecutor Maj. Tony Tamburro had argued in his closing submissions that Ravensdale ignored safety rules.

Those rules require soldiers to be at least 100 metres behind a C-19 mine unless they are shielded by a dug-out, a vehicle or some other barrier. Video played at the court martial showed some soldiers standing much closer than 100 metres and with no protection. **THE CANADIAN PRESS**

## Former soldier failed by his superiors

**"Warrant Officer Ravensdale should not have been put in this situation. He was left alone by his chain of command and put in a terrible situation."** Col. Mario Dutil

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## Snow dump. City says it's not necessary to clear residential streets

Residential roads won't be getting the plowing treatment in this latest dump of snow, the City of Winnipeg said on Tuesday.

In a press release, city officials said it has assessed the overall condition of residential streets and "due to the smooth compacted snow surface, a residential street snow clearing operation is not planned at this time."

However, with Winnipeg

temperatures slowly getting out of the freezer over the next week, the public works department will continue to monitor the condition of residential roads.

The city said all Priority 1 streets, basically the main thoroughfares, have been plowed and work now shifts to Priority 2 streets, bus routes and collector streets, which were expected to be completed Tuesday. **METRO**

## Hernia. CME to investigate death of 10-year-old girl a day after minor surgery

Manitoba's chief medical examiner is looking into why a 10-year-old girl died following hernia surgery.

Ashuza Halisi's mother took the girl for the minor surgery at the Maples Surgical Centre last week.

The procedure only took about 20 minutes, but when they got home the girl kept complaining about pain.

The next day, the pain got worse and the girl had trouble

breathing, so Ephemie Nyelele called 911 and started CPR, but it was too late.

The Winnipeg Regional Health Authority said in a statement that the girl's death was "an unexpected tragedy" that is being reviewed by the Office of the Chief Medical Examiner.

"She was a special girl," said Willy Halisi Mushagalusa, Ashuza's father.

**CTV WINNIPEG/THE CANADIAN PRESS**

### Mennonite community

## Leaders asked for help before assault charges

Leaders of an orthodox Mennonite community in Manitoba reached out for counselling and parenting advice before two members were charged with beating children with various weapons, including a whip and cattle prod.

Enos Bauman, 54, and his son Cleason Bauman, 29, face various counts of assault and assault with a weapon. The younger Bauman is also charged with assault causing bodily harm.

Court documents show the alleged offences involve seven children, both boys and girls, dating back to July 2011. In addition to a whip and prod, a board and a leather strap are also listed as weapons.

The community is near Gladstone, about 150 kilometres northwest of Winnipeg.

The pair was arrested last week and released on bail under conditions that include not contacting the children or their relatives and staying away from the Westbourne community.

The documents on file with the court don't disclose a motive behind the alleged assaults and police have not said why they believe the children were beaten. None of the allegations have been proven in court.

Brad Reimer, a spokesman with the Mennonite Centre Committee of Manitoba, said Monday that leaders of the Westbourne group travelled to Winnipeg last month and met with officials about "parenting concerns."

**THE CANADIAN PRESS**

# New plowing program's effectiveness questioned

**Know Your Zone complaints.** Coun. Brian Mayes worries problems may be widespread



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

The March snowstorms have brought plenty of parking headaches for residents in St. Vital, which has prompted their councillor to question the effectiveness of the City of Winnipeg's new parking-ban system.

Coun. Brian Mayes said he got more complaints by phone and email about Know Your Zone during a three-day period starting March 8 than he did the entire winter months.

"I wanted to raise this while the snow was still on the ground," he said, adding he recognizes this has been

an especially difficult winter season for plowing crews.

"Maybe it's growing pains, but if the problems are more widespread, I'd like to know."

Mayes said he was contacting by constituents who said they'd moved their vehicles during the 12-hour zone window and then put them back on the street, only to find they'd been ticketed when the plows came through later on.

"My question is: How often are we getting (plowing) done in the window?" he said, adding if more time is needed, the zone's windows should be expanded to 24 hours.

Mayes plans on bringing up his concerns during Wednesday's city council meeting and expects it to be referred to the next infrastructure renewal and public works on April 16.

He said his hope is that the system will be improved for next winter.



**Coun. Brian Mayes (St. Vital) wants a review into the Know Your Zone plowing program.** BERNICE PONTANILLA/METRO

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## 'I Heart Shoes'. Auction to allow women to get their kicks, fight heart disease

The Heart and Stroke Foundation is putting its best foot forward in an effort to raise money and awareness of the often-overlooked risks women face from heart disease.

The foundation will hold its first ever shoe auction April 4, and the event, called I Heart Shoes, will see hundreds of women's shoes auctioned off for a good cause.

"We wanted to do something different ... and we wanted to do something that appealed to women," explained Heart and Stroke's Jessica Cranmer. "Let's face it, girls' eyes light up with shoes."

The night will include two chances to get some new kicks — the first a social style auction with 120 pairs from names like Cushe, TOMS, Guess, Abel Munoz, Kamik Rainboots, Under Armour, Adidas and Reebok — and



Jessica Cranmer of the Heart and Stroke Foundation  
SHANE GIBSON/METRO

then a silent auction with as many as 20 pairs of designer brands like Stella McCartney, Jimmy Choo, Bottega Veneta, and Roberto Cavalli.

Tickets for Winnipeg's first I Heart Shoes Auction are \$50 and are available online at [LiveRed.mb.ca/HeartTruth](http://LiveRed.mb.ca/HeartTruth) or by calling 204-949-2019.

SHANE GIBSON/METRO

## 'So happy.' Vote that allows daycares to stay in schools applauded

School trustees have voted in favour of continuing to allow daycares to operate out of surplus classrooms, a move that's being applauded by the Manitoba Child Care Association.

"I'm definitely feeling better than I was last week," said Pat Wege, the Association's executive director.

"(The resolution) was soundly defeated, so happy, happy, happy."

Wege said her organization's members were very

concerned about a resolution up for debate during the Manitoba School Boards Association's convention, which took place this past weekend.

The resolution, called SB-01-13, asked the provincial government "to confirm local autonomy to allow school boards to determine the feasibility of continuing commitments for educational spaces currently utilized by daycare and child-care centres in school buildings."

BERNICE PONTANILLA/METRO



Adam West, who played Batman in the original Batman TV series, is coming to Winnipeg's Central Canada Pop Culture Expo next month along with Robin portrayer Burt Ward and Yvonne Craig, who played Batgirl. GETTY IMAGES FILE

# Zap! Boom! Pow! Batman's coming

**Pop explosion.**  
Convention bringing stars from original TV series to Winnipeg



SHANE GIBSON  
[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

Holy pop culture, Batman!

Stars from the original '60s era Batman TV series have left the Batcave and will appear at the Central Canada Pop Culture Expo, coming to the Winnipeg Convention Centre April 5-7.

The man behind the mask, Adam West, Boy Wonder portrayer Burt Ward, and Yvonne Craig, who played Batgirl, will meet fans during the two-day geekathon, formerly known as the Winnipeg Comic & Toy Expo.

"It's absolutely awesome," said spokesperson Jennifer Mathieson of the first three stars lined up for the event, adding other stars could end up on the bill as well. "You never know because they can be announced right up until the day of the event."

While the same folks that bring Central Canada Comic

Con (C4) to Winnipeg every year also put on the expo, Mathieson said the two events are different.

"Comic Con is a much larger event that really branches out into a number of different genres and plays a lot with what's popular in content at that time," she explained. "Pop Culture Con is a more vintage style convention that really focuses on the early '80s and '90s genre."

Vendors will be selling rare toys, art, collectibles and vintage items from the days when you rocked a Flock of Seagulls hair cut and, like at C4, Mat-

### Tickets

Go to [c4popculture.com](http://c4popculture.com) for more information and to buy tickets.

thieson said many people come to the expo dressed like their favourite characters.

"We've noticed a huge growth in the number of young people who come, and they love to dress up," she said, noting kids 12 and under get in for free. "It's really evolving from something just for avid collectors to a family event."

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# Luka Rocco Magnotta collapses in courtroom

## Hearing postponed.

Alleged killer fell after watching disturbing video evidence in case

Luka Rocco Magnotta collapsed to the courtroom floor after seeing video evidence presented against him, forcing a postponement in his preliminary hearing Tuesday.

Magnotta appeared distraught as the video played in the courtroom. When it was over, the suspect in a notorious killing-and-dismemberment case asked for a break. He stood up and fell on his right side, crumpling into a fetal position at the feet of a prison guard.

The evidence in the gruesome case is temporarily subject to a publication ban. It could be made public if the case goes to trial.

Magnotta was not back in court when the afternoon session began at 2 p.m.

"He really doesn't feel well and he's not able to continue," his lawyer, Luc Leclair, said.

Judge Lori-Renee Weitzman said they could not continue without Magnotta present. She ordered the case suspended until Wednesday.

During the morning segment, Magnotta had held his hand over his mouth, as if he



Luka Rocco Magnotta in a Montreal court. MIKE McLAUGHLIN/THE CANADIAN PRESS

felt ill. His eyes were closed for much of the session. The 30-year-old appeared to wipe away tears several times.

Even the judge appeared to be affected by the evidence. She winced slightly at one point in the video. Some police investigators present in the courtroom stared away from the screen.

THE CANADIAN PRESS

## Charges

Luka Magnotta is charged with first-degree murder in the slaying of Jun Lin, a 33-year-old Concordia University student from China.

- **Absent.** Lin's parents were not present Tuesday

morning. His father has attended the preliminary hearing at times but he has not stayed in the courtroom when the most graphic evidence relating to the case has been presented.

## Budget. Flaherty zeros in on three big priorities

Finance Minister Jim Flaherty is signalling he'll make skills training, modernizing the country's crumbling infrastructure and helping the manufacturing sector the key priorities in Thursday's budget.

In a letter to his caucus colleagues, the minister cautions that the economy remains fragile and faces strong competition from emerging nations.

Government ministers have long identified a mismatch between the jobs that are in demand and the skills being churned out by universities, colleges and training programs.

"There are too many jobs

that go unfilled in Canada because employers can't find workers with the right skills," he writes in the letter.

Flaherty is also committing to "do more" on infrastructure. With stimulus construction projects now complete and the \$8.8-billion Building Canada Fund about to expire, the minister is expected to announce an extension of the program.

And he is expected to renew the accelerated capital cost allowance, first introduced in 2007, that allows manufacturing firms a quicker writeoff for investments in machinery and equipment, thereby lowering their tax bill. THE CANADIAN PRESS

## Steubenville, Ohio

### Coach, others may see charges in rape

The head football coach at Steubenville High School and the owners of a house where an infamous 12-minute video was filmed could be investigated as Ohio prosecutors look into how adults responded to allegations of rape last year.

State Attorney General Mike DeWine said Sunday he would consider charges against anyone who failed to speak up after the rape of a 16-year-old girl in August.

Authorities also proved they won't put up with people harassing the accuser, arresting two girls Monday suspected of threatening her online over the weekend. THE ASSOCIATED PRESS

## Kelowna, B.C.

### RCMP search for callous dog killer

Mounties in Kelowna, B.C., have picked up the case of a heartless SUV driver and a grieving pet owner.

Police are searching for the driver after an incident on Feb. 28, in which the man ran over a leashed dog being walked by its owner.

While it was apparent the dog's injuries were very serious, the man refused to transport the bleeding animal in his SUV. He also refused to give the owner any information but promised to bring a veterinarian.

The man drove away and did not return. The dog was eventually taken to a vet but later died of its injuries. THE CANADIAN PRESS

## BEING A VICTIM OF MARRIAGE FRAUD IS NO PIECE OF CAKE

If your new overseas love seems more interested in Canada than you — you could be a victim of marriage fraud.

Victims are left abandoned, still financially responsible for their spouse for three years.

Sometimes marriage is a scam to jump the immigration line. That's why the Government of Canada is enforcing new consequences for those guilty of committing fraud. Don't be a victim.

For more information, visit [immigration.gc.ca/fraud](http://immigration.gc.ca/fraud)



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## Desert tragedy. U.S. slaps ban on 60mm mortar after blast kills 7 marines

The fatal explosion of a 60mm mortar has prompted the U.S. Pentagon to immediately halt its use worldwide.

Seven marines were killed in the blast. Half a dozen were injured.

It happened during a training exercise in the Nevada desert — at the Hawthorne Army Depot, a facility used by troops headed overseas.

"We send our prayers and condolences to the families of marines involved," said Maj. Gen. Raymond C. Fox.

"We mourn their loss, and

### What went wrong?

The 60mm is a weapon that traditionally requires three to four marines to operate, but it's common during training for others to observe nearby. The worldwide halt will last until the weapon's safety can be determined.

it is with heavy hearts we remember their courage."

THE ASSOCIATED PRESS

### Sex attack claim

## Fearful woman jumps 3 storeys

A British woman travelling in India jumped out of the third-floor window of her hotel room, telling police she feared a sexual attack.

The woman said the hotel's owner tried to force

his way into the room by offering her a massage.

She was not badly hurt, but she suffered some injuries to her legs, police officer Sushant Gaur said.

Police arrested the hotel owner over the alleged incident in Agra, the site of the Taj Mahal. No charges have been filed.

THE ASSOCIATED PRESS

# World's most powerful hear Pope's plea for the poorest

## Francis's priorities.

The weakest and the environment must be protected, the 'omens of destruction' must be vanquished

He had them in the palm of his hand.

Princes, presidents and sheiks — not to mention thousands of ordinary folk — listened intently Tuesday as Pope Francis laid out the priorities of his pontificate.

The environment, the weakest and the poorest must be protected, said the first Pope from Latin America.

"Let us be protectors of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment," the 266th Pope implored.

Do not allow "omens of destruction," hatred, envy



Gov. Gen. David Johnston and his wife, Sharon, meet Pope Francis after the installation Tuesday.

L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

and pride, to "defile our lives," said the new leader of the world's 1.2 billion Roman Catholics.

The occasion was 76-year-old Francis's installation mass, held on the steps of St. Peter's Basilica in Rome

and attended by an estimated 200,000 people.

In Buenos Aires, they listened, too — thousands of people packed the central Plaza di Mayo square to watch the ceremony on giant TV screens, erupting in joy

when the Pope from Argentina called them, his words broadcast over loudspeakers.

"Don't forget that this bishop who is far away loves you very much. Pray for me," he said.

THE ASSOCIATED PRESS

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# Cyprus votes down levy on bank deposits

## EU financial crisis.

While protesters cheer move by Parliament, international bailout is now left in disarray

Cypriot lawmakers have rejected a critical draft bill that would have seized part of people's bank deposits in order to qualify for a vital international bailout.

The bill, which had been amended Tuesday morning to shield small deposit holders from the deposit tax, was rejected with 36 votes against, 19 abstentions and zero votes in favour. One deputy was absent.

Hundreds of protesters outside Parliament cheered



Protesters chant outside Parliament in Nicosia, Cyprus, on Tuesday prior to a vote on a controversial plan to tax bank deposits. THE ASSOCIATED PRESS

in jubilation and sang the national anthem when they heard the bill had not passed. Cyprus will now have to come up with an alternative plan to raise the money.

If it doesn't, it won't qualify for external rescue loans, the country's banks face collapse and the country could go bankrupt.

The plan to seize bank deposits was part of a larger bailout package being negotiated with other European countries. It was met with fury in Cyprus and sent jitters across financial markets. Had the bill passed, banks in Cyprus had planned to stay shut until Thursday to prevent a bank run.

Although Cyprus is the smallest eurozone country to be bailed out, the proposal marked the first time savers' bank accounts were to be directly targeted. Other bailed out countries such as Greece, Ireland and Portugal have raised funds by imposing new taxes. THE ASSOCIATED PRESS



A woman carries a purchase out of the Lululemon store in Vancouver's Kitsilano neighbourhood. THE CANADIAN PRESS FILE

## Lululemon recalling black pants that reveal too much yoga butt

Shares in Lululemon Athletica Inc. closed down \$1.76 to \$65.74 on the Toronto Stock Exchange Tuesday, after the clothing maker recalled some of its black yoga pants because they were too see-through and warned the move would hurt sales.

The news came as the athletic clothing retailer prepared to report its quarterly results this week.

RBC Capital Markets analyst Howard Tubin noted it was the second product-related issue the company has had this year.

"Combine this with the problems they had with red and pink garments earlier this year and bears could start to weave a narrative that Lululemon is consistently encountering execution issues while growing," Tubin wrote in a note to investors, referring to prob-

lems with bleeding in some of Lululemon's coloured clothing.

"Bulls could easily counter that this is a company that is literally doing everything right to ensure the customer gets the best quality goods to protect its premium positioning."

Keeping store shelves filled has also been a problem for Lululemon in the past. In 2011, the company launched an initiative to boost inventories to meet growing demand.

On Monday, the retailer pulled its popular black Luon yoga pants from store shelves because the material used to make them was too sheer, showing off too much of their customers' assets. The pants were also yanked from its showrooms and website.

The company, which has a devoted following, said it is working with its supplier and

### Market Minute

**DOLLAR**  
97.37¢ (-0.45¢)

**TSX**  
12,773.87 (-7.89)

**OIL**  
\$92.16 US (-\$1.58)

**GOLD**  
\$1,611.30 US (+\$6.70)

**Natural gas:** \$3.96 US (+8¢)  
**Dow Jones:** 14,455.82 (+3.76)

other manufacturers to replace the fabric and replenish the inventory as quickly as possible.  
THE CANADIAN PRESS

### Low-cost laptops

## Google brings Chromebook to Canada

Google is continuing its march into the hardware business with a brand of cheap laptops designed for using the web — and not much else. On Tuesday, the Internet giant announced its Chromebook concept

was finally available in Canada, more than a year after being released in the U.S. and other countries.

Chromebooks look like standard laptops but don't come loaded with a version of Windows or a Mac operating system. They run on Google's Chrome OS, a streamlined platform with the web browser as the main attraction.

They're being pushed as a low-cost device —

they start at about \$250 — for users who spend most of their time on a computer using the Internet, and therefore don't need the processing power to run full-blown software applications. While Chromebooks can access mobile networks in the U.S., that feature is not available in Canada, so users are limited to working with Wi-Fi.

THE CANADIAN PRESS

feeling pucky?

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# THUMBS DOWN — STOP TEXTING

I think we're texting ourselves to death.

I was reading a story by a relationship therapist who claimed that Canadians text eight billion messages a month.

The point was something like: "How can anyone have a relationship when there's all that texting going on?"

That seemed like a lot to me, so I went to the Internet and did some research. No matter how you slice it, the guy's right. We do a terrific — or is that terrible — amount of texting.

According to one source, we send 227 million text messages a day or 10 million an hour. Another says Canadians send 2,500 messages a second for a total of 78 billion a year. While we're throwing around numbers, that comes to about 10 a day per subscriber.

In the U.S., according to the Pew Internet & American



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

Life Project, the average user sends 40 messages a day, but young Americans 18-24 send or receive 109.5 messages a day.

It's easy to conclude we're all thumbs.

These numbers correspond to my anecdotal survey: nine times out of 10, wherever I go, everyone else is looking down. I'm the only one looking up.

I've tried to pretend to look down and be like everyone else, but my heart's not really in it. I have to admit I'm tired of texting, tired of tweeting, tired of email, tired of not talking to other people.

Other people are actually pretty interesting, but only if you can get them not texting. They are also not very interesting if their fingers creep toward their smartphone (41

per cent of Canadians say they keep their cellphone in reach at all times), nor are they interesting when they try to talk to

you and text at the same time (18 per cent. At least they're trying).

It starts to get interesting when they try to drive and text at the same time, but not in a good way. An editor at Car and Driver found that it took longer to stop when he was texting than when he was legally drunk — an extra 70 feet, which is enough to drive you straight into the nearest tree.

So here I am texting you and here you are reading this text. Whoops.

I hope you find this text interesting. I hope it encourages you to put away your smartphone and look up.

Perhaps you're not driving into the back end of the car in front of you at this very moment. Bonus. That means it's not too late to put the phone away and start relating to other people, e.g. spouse, parents, friends, colleagues, perfect strangers. It doesn't matter. They've been so busy texting, none of them will recognize you anyway.

Start small. Smile. Remember? That's something you do with your face, not your thumbs.

## ZOOM

# Hole-y, what a church

## Empty building a sign of the times

A see-through church on a hilltop in Borgloon, 80 kilometres east of Brussels is seen.

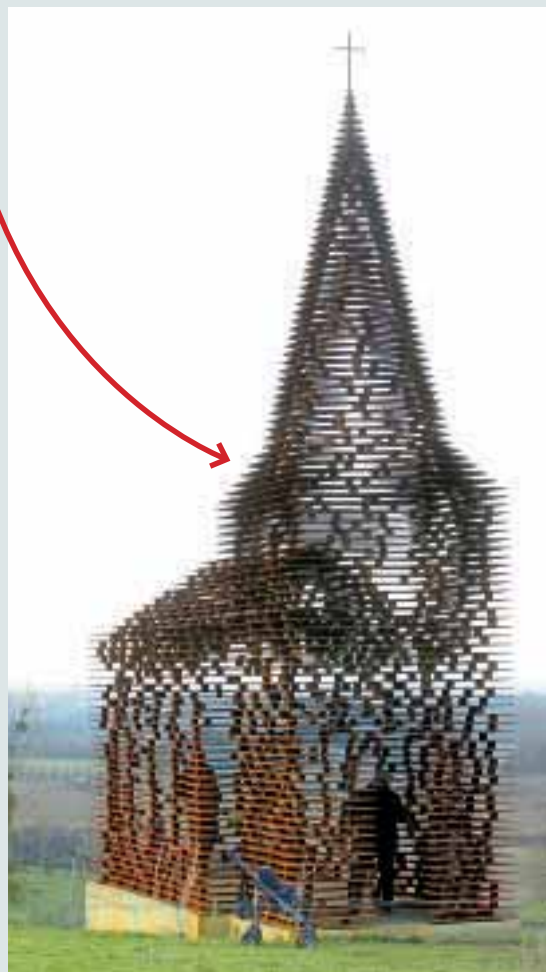
The artistic vision of the church is made of rusty steel beams separated by gaps, and its austere beauty won it an international architecture prize. Yet the eerie desolation of the see-through installation has also turned into a reflection on the state of Roman Catholicism on a religion-weary continent where real churches, like the dozen dotting the hills of this verdant area, increasingly lose their flock and function.

THE ASSOCIATED PRESS

## Interest across Europe crumbles like a wafer

Across large swaths of Europe, empty pews and empty pulpits are the stark reality of centuries-old churches in a continent where, not so long ago, the village spire was the main point of reference for society.

Pope Francis faces a daunting array of challenges, and one of them is bringing souls back to the historic heartland of the Catholic Church. THE ASSOCIATED PRESS



YVES LOGGHE/THE ASSOCIATED PRESS

## For example

- For signs of this decline, look no further than Paris, at the famed Notre Dame Cathedral.
- On Pope Francis' installation day, thousands of tourists easily outnumbered less than 200 worshippers in the pews, even as the ceremony on St. Peter's Square was televised inside.
- Many churches have been turned into restaurants and shops, or even demolished, often given a new function in society never intended by those who originally built them.

## Lean structure wins award

It is this disappearing act that gave Pieterjan Gijs, of the Gijs Van Vaerenbergh architecture firm, ideas.

The Borgloon art installation's layered structure allows visitors to see right through it, and this evanescence gives it a double layer of beauty and philosophical depth. It won the 2012 prize for best religious building by the website Arch Daily. THE ASSOCIATED PRESS

## Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

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thumbsandammo.blogspot.com



AMC

## Twitter

**@metropicks asked: Lululemon halted sales of black yoga pants for being too sheer. What clothing would you like to never be sold again?**

**@JennBarker82:** Crocs - every colour every style!

**@MEdingerReMax:** acid bleached jeans, bell bottoms, corsets, and rugby pants

**@Kethum\_All:** Anything Ed Hardy..

**@alangdon17:** crocs, horrible horrible.

**@bandrews14:** suit jackets with shoulder pads. Who ever thought that shoulder pads was a good idea, or belonged outside of hockey or

football

**@DariaTuhtar:** Cheap flip flops. I don't want to see your disgusting foot-shaped grime and sweat stains.

**@CatBourque:** clothing that droops below butt cheeks....

**@duizerbarbie:** was at Forever 21—acid wash jean shirt!—some things from the 80's should never come back

**@Gnarlli:** they WHAT?

**@PengoMommy:** Leggings with prints that are in stores right now. Unless you are under 12 or a stick you can't get away with it.

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**WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca**



Tina Fey's latest project has her starring alongside Paul Rudd in the movie *Admission*. HANDOUT

# Fey's decade of comic clout

**New movie.** From SNL to a best-selling book to hit movies and a sitcom, the female comedian continues to break new ground



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

Tina Fey regularly appears on the Forbes' annual Celebrity 100 list of the most powerful celebrities. She's made the Entertainment Weekly roll call of Entertainers of the Year and Time called her one

of the most influential people in the world. Did I mention she's also really funny?

For nine years on Saturday Night Live she worked behind the scenes — as the show's first female head writer — and on camera as the anchor of Weekend Update.

"She might be the best Weekend Update anchor who ever did it," said Dennis Miller. "She writes the funniest jokes"

Then came 30 Rock, the medium-rated but critically adored sitcom, a best selling book and a celebrated impersonation of Sarah Palin that even got the thumbs up from the ex-Governor.

This weekend she's on the big screen in *Admission*, a comedy co-starring Paul

Rudd. She plays a Princeton admissions officer who thinks one of her new recruits is the son she gave up for adoption years ago.

Fey made her film debut a decade ago in the quirky comedy *Martin & Orloff* as part of an ensemble cast that included SNLers Amy Poehler and Rachel Dratch.

That movie didn't garner much attention, and her role of Southern Woman even less, but in 2004 she shortened the unwieldy title *Queen Bees & Wannabes: Helping Your Daughters Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence* to *Mean Girls*. The story of high school in-groups was a hit and launched the careers of Rachel McAdams and

## A comedienne

**"She might be the best Weekend Update anchor who ever did it. She writes the funniest jokes."**

Dennis Miller  
Talking about Tina Fey.

Amanda Seyfried.

She co-starred in *Mean Girls* as math teacher Ms. Norbury and made on-screen appearances as *Front Desk Girl* in *Beer League* but got her name over the title in *Baby Mama*.

She played Kate, a single 37-year-old businesswoman so desperate to have a baby

she hires Angie, an inappropriate South Philly wild child (Amy Poehler) to be her surrogate.

Next was the stranded-in-big-bad-New-York-City movie *Date Night* opposite Steve Carell.

The movie wouldn't be as enjoyable as it is without the two leads. Fey and Carell breathe life into a hackneyed situation, bringing not only likeability, but also great chemistry and a way with a line that really works.

In the animated *Megamind* she voiced intrepid girl reporter Roxanne Ritchi, kidnapped by the master of all villainy Megamind (voice of Will Ferrell) and next year she stars with Ricky Gervais in *The Muppets* ... again.

# Hate Spring Breakers? Benson doesn't care

**Interview.** Ashley Benson unfazed by backlash to Disney stars kicking it up a notch in party flick

**NED EHRBAR**  
Metro World News

Ashley Benson, the *Pretty Little Liars* star, makes the jump to film in the most attention-grabbing way she can: alongside Selena Gomez and Vanessa Hudgens as coeds gone bad in Harmony Korine's *Spring Breakers*. The

film finds the girls' characters knocking over a diner to fund a wild week in Florida, ending up in jail and bedding down with a crazed, gun-toting, drug-slinging amateur rapper named Alien (James Franco).

And you know what? Benson likes that you may hate this movie.

**There's a lot of noise surrounding it, about the content and the Disney backgrounds of your co-stars. When you're at the centre of this kind of storm, how do you deal with it?**  
I don't really listen to it. Harmony just wanted people

to be left with a feeling, and if they're horrified, that's amazing, if they loved it, that's even better. So I like when people hate the movie because it's like, wow we really affected you and you're really disturbed, and that's great.

**"Just pretend it's a video game" stands out as a particularly telling line of dialogue.**

Well, that wasn't actually in the script. The script was more descriptive and very visual, very little dialogue. (Korine) said to pick out three scenes from the movie (for the audition), and each

scene maybe had two lines. It was more of just visually what people looked like, what the girls were wearing, that they would dance, that they would play with guns, that they would have this love scene with Alien. And that's what made the movie so brilliant, because half the things were made up on the spot two minutes before we shot or it was improvised.

**This is a great way to start a film career. Where do you go from here, movie-wise?**  
I think I want to do another one like this. I want to work with a director who's kind of like Harmony.



Ashley Benson could care less if you don't like her new movie *Spring Breakers*. HANDOUT





Sofia Vergara ALL PHOTOS GETTY IMAGES

## Vergara freezing her eggs

Sofia Vergara takes planning for the future very, very seriously. "I have to be careful what I eat because they're freezing my eggs," the 40-year-old Modern Family star tells Vogue, adding that she's currently taking hormone pills. "After that it

is hormone injections. They want to get as many good eggs as they can because usually you produce them but they're not good. They have to be perfect, perfect, perfect ones. My boyfriend is 37, younger than me, never had kids. So."

## Who is Cooper's new girlfriend?

Bradley Cooper was spotted in Boston this week spending quality time with his rumoured new girlfriend, 20-year-old model Suki Waterhouse, according to E! News. The pair braved the cold to take in some tourist attractions but ended up an



Bradley Cooper

attraction themselves. "People were recognizing them so they walked quite quickly to avoid the crowds," a source says. "They were having a good time together, touching and teasing each other. They were laughing a lot and couldn't keep their hands off each other."

### Twitter



@ricky\_martin

sometimes you just have to stop thinking so much and simply go with your heart. PERIOD. Have an awesome day every1!



@RealMichelleT

I'm off to slay some dragons



@MarkDuplass

I kinda miss walking around the video store in a state of utter confusion.



@justinbieber

good night Paris. je t'aime

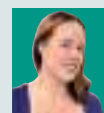
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Who is the father of Michael Jackson's children?



THE WORD  
Dorothy Robinson  
scene@metronews.ca

For years, I've gazed upon the children of Michael Jackson and wondered: "Are they really his kids?" What trips me up is that they kind of look like him, but only after he underwent his radical plastic surgery.

But then I remember that if he were still alive and "un-adulterated," Jackson should look a lot more like Tito and a lot less like LaToya. I guess what I'm trying to clumsily say is that even with a white mother, Blanket, Paris and Prince should look more like a young Michael and a lot less like the crypt keeper he be-

came. Also, holy cats: What a crazy family.

Anyway, it's looking more and more like MJ is not the father of his children (I knew it! Kind of!). According to TMZ, in their nasty wrongful death lawsuit against AEG Live (Katharine Jackson and Blanket, Paris and Prince are suing the entertainment giant for \$40 billion for the negligent hiring and supervision of Dr. Conrad Murray during preparation for Jackson's This Is It tour), his family is asking to exclude any evidence of the true paternity of Jackson's children.

I'm unsure why the paternity would be entered into evidence — I'm far from a legal scholar — but the fact the Jackson family is trying to block this is telling.

Also, if the Jacksons do prevail against AEG, I hope they use some of those billions for therapy for those poor kids. Because even the best therapist in the land (Dr. Phil, duh) cannot go there.



Lindsay Lohan

## Guess who's going back to rehab

Lindsay Lohan is heading back to rehab. After reaching a deal with Judge James Dabney relating to her car crash last June, Lohan entered a guilty plea to giving false information to an officer, reckless driving and violating her probation, according to TMZ.

Lohan was offered 90 days in jail but is allowed to serve out that sentence in a locked rehab facility. She is also on

the hook for 30 days of community service, 18 months of psychotherapy, plus she has to pay fines and restitution to the victim in the car accident.

"This is it," Dabney told Lohan at the hearing. "You violate your probation, and we are not going to have this conversation about putting you back on probation." He also offered her some personal advice: "Don't drive," he said.

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA

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CHOOSE TO FIGHT. CHOOSE TO LOVE.

WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL

03.29.13

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# Is Albuquerque's tourism industry Breaking Bad?

**Drug-induced dilemma.** New Mexico city is profiting from visitors scoping out sites from hit TV series, but is it a rep they want to promote?

A fast-food burrito chain in Albuquerque has become an international tourist attraction as people come from all over the world to see the spot where a fictional drug trafficker runs his organization. A pastry shop sells doughnuts topped with blue candy designed to resemble crystal meth. A beauty store has a similar product — crystal blue bathing salts.

As *Breaking Bad* finishes filming its fifth and final season in Albuquerque, the popularity of the show is providing a boost to the economy and creating a dilemma for local tourism officials as they walk the fine line of profiting from a show that centres around drug trafficking, addiction and violence. *Breaking Bad* follows the fictional character Walter White, a high school chemistry teacher turned meth lord.

Albuquerque has seen an unexpected jump in tourists visiting popular sites from the show and local businesses cashing in on its popularity. Tourists are also flocking to sites that before the show were unknown and unimportant — the suburban home of White, played by Bryan Cranston, a car wash that is a front for a money-laundering operation

## If you go...

- **Albuquerque Breaking Bad locations.** [itsatrip.org/albuquerque/arts/breaking-bad-in-albuquerque.aspx](http://itsatrip.org/albuquerque/arts/breaking-bad-in-albuquerque.aspx) offers map for self-guided tours and other information from the Albuquerque Convention & Visitors Bureau.

on the series, a rundown motel used frequently for filming and the real-life burrito joint, which is a fast food chicken restaurant on the show. The Albuquerque Convention & Visitors Bureau has even created a website of the show's most popular places around town to help tourists navigate, and ABQ Trolley Company sold out all its "BaD" tours last year at \$60 a ticket.

"They ask if they can take pictures. They ask if Gus is here," said Rachel Johnson, 19, a shift manager at the Twisters burrito restaurant in Albuquerque's South Valley, referring to the show's character Gus Fring, played by actor Giancarlo Esposito. The eatery has served as the location for the Los Pollos Hermanos restaurant where Fring runs his drug operation.

Tourism officials and business owners are quick to point out that they are walking a fine line in trying not to promote the dark themes from *Breaking Bad*. But their pride in the show taking place in Albuquerque — and the money that it brings in — is often enough to offset their concerns.

THE ASSOCIATED PRESS



Albuquerque tourism officials are conflicted over the tourism that *Breaking Bad* has spawned in their city. ISTOCK



Debbie Ball, 60, owner of The Candy Lady store in Albuquerque, displays her new line of "meth candy." THE ASSOCIATED PRESS



Bryan Cranston as Walter White, left, and Aaron Paul as Jesse Pinkman in a scene from *Breaking Bad*. THE ASSOCIATED PRESS

## Analysis

### Five European capitals worth a visit



ON THE MOVE  
Loren Christie  
[lifen@metronews.ca](mailto:lifen@metronews.ca)

**Amsterdam, Netherlands:** My favourite city in Europe is in full party mode this year as they celebrate the inauguration of a new king

on April 30. The UNESCO protected canal system that makes up the downtown core is 400 years old and the world-class Rijksmuseum has just completed a 10-year renovation, which includes a brand new wing devoted to Dutch masters Vermeer and Rembrandt. Additionally the Royal Concertgebouw Orchestra, the Artis Royal Zoo and the Felix Meritis cultural centre are all celebrating landmark birthdays of their own, which means a calendar heavy in special exhibits, concerts and events.

**Reykjavik, Iceland:** With the feel of a small town, this charming destination offers a surprising variety of fantastic food. The overwhelming benefit of a visit to this capital however, is the easy access it provides to the geothermal spas, volcanoes and unbelievable landscapes dotting the Icelandic countryside.

**London, England:** 2012's Olympic fever has broken and the furor surrounding the Queen's Jubilee is a happy memory. What's left is a city basking in the

glow. Newly opened hotels, recently renovated museums, new attractions, like the wonderful Warner Bros. studio tour featuring *The Making of Harry Potter*, and the continuing development around Queen Elizabeth Olympic Park in the city's East End are ready to be explored.

**Rome, Italy:** Thrust back into the spotlight during the election of Pope Francis, it is easy to see why this is one of the continent's grandest capitals. Full of ancient traditions and history, Rome

(and Vatican City) offer culture cultures unique experiences around every corner. Green thumbs will also delight in the number of incredible public and private gardens available for exploring.

**Berlin, Germany:** Buzzing bars, hip designer stores and a mix of innovative architecture have made this city the arbiter of cool on the continent. A hotel boom has resulted in competitive guest room rates compared to other European capitals.



There are probably more free things to do in the U.S. capital than nearly any other major city in the world. The most popular museums and the zoo are free, as well as the picturesque memorials and monuments. With so many free options, the biggest challenge might be narrowing down what to see.

PHOTOS AND STORY: THE ASSOCIATED PRESS



## Smithsonian Institute

No visit to the U.S. capital is complete without a visit to the nation's museums. First-time visitors learn fast that a trip to the Smithsonian is not a visit to one place. There are actually 19 different museums that are part of the Smithsonian, along with the National Zoo. Most line the National Mall. Some must-see exhibits: The Apollo 11 capsule that carried the first men to land on the moon, President Abraham Lincoln's top hat and Dorothy's "ruby slippers" from The Wizard of Oz, and the large Hope Diamond.

# 5

## free things in Washington D.C.

## National Mall

The nearly four kilometre grassy expanse between the Capitol and Potomac River features memorials honouring five presidents, including George Washington, Thomas Jefferson and Abraham Lincoln, as well as Martin Luther King Jr. and battle monuments in tribute to America's veterans. One of the best times to visit is in the evening, as the monuments are lit and crowds have dwindled. Beyond the large monuments, there are dozens of smaller statues, historic sites and walking paths along the mall. The park also draws about one million people each year to see its famous cherry blossom trees when they reach full bloom in late March or early April.



## Behind the scenes

Washington is a city where everyone wants special access and a look behind the scenes of power. One of the best ways is to plan ahead. Call your member of Congress to request a personal tour led by a congressional staffer. Visitors can also ask for a tour of the Capitol dome. White House tours are also normally available through congressional offices, though they have been halted temporarily to government budget cuts. International visitors can request tickets through their country's embassy. If you don't have time for reservations, the Capitol Visitor Center offers free exhibits and tours of the Capitol. Tickets are available online. A limited number of same-day passes also are distributed at the information desks each day. The centre also offers specialty tours on the Capitol's history and artwork.



## Presidential sites

A walk through downtown Washington offers a chance to connect with presidential history. A short walk from the White House, Ford's Theatre, where President Abraham Lincoln was assassinated, offers daily tours with free same-day tickets distributed each morning at 8:30 a.m. Otherwise, advance tickets are \$2.50 per person. Walk five minutes further from the theatre and visitors will find the National Portrait Gallery. Its most popular collection is the presidential portraits, including some of the most famous images of George Washington and Abe Lincoln.



## Waterfront and Kennedy Center

Washington is increasingly embracing its waterfronts that were once neglected. New gardens and walking paths are bringing new life to these spaces. In Georgetown, a new park along the Potomac River has become a popular place to relax. Take a stroll along the water. Bring a picnic or stop for a late lunch at a riverside café. Then head toward the Kennedy Center along the river. This living memorial to President John F. Kennedy offers free tours with no reservations required. Arrive in time for the 4:30 p.m. tour of the theatres and concert halls. Then stay for a free Millennium Stage performance every day at 6 p.m.



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# Learn how to brag and your resumé will thank you

**Part-time shine.** All those hours have added up to some exceptional experience

**CHRISTINA  
PELLEGRINI**  
TalentEgg.ca

If you ever feel like your part-time retail experience won't impress a potential employer, you're probably not emphasizing the skills you strengthened, your sales achievements or what you learned about running a business successfully on your resumé.

If you're hoping for a full-time career in retail on the sales floor or at a retailer's head office, your part-time experience is extremely valuable.

Here's how you can communicate what you did at these jobs on your resumé:

**Quantify your sales performance**

Retail is a results-oriented business. While the numbers don't tell an entire story, they don't lie either. Retailers are looking to see what and how you will contribute to their sales team and so numbers help prove your skills.

If you excelled in a previous role, be sure to be specific about what you achieved and when you achieved it. You should include important performance metrics like total sales, average sale and items per sale within a certain time period (either quarterly or yearly).

**Include the benchmark for each metric**

How can a hiring manager



**Did you have a brilliant idea that positively affected sales, your store's procedures or your store's layout? Describe your idea to your potential employer, including what the results were.** ISTOCK

compare how you performed to how you were supposed to perform if you only tell them what you did? They won't know how impressive your metric figures are unless they're in the same industry. Add context to your achievements by includ-

ing the store's benchmark or minimum requirements for each performance metric. This will prove that you really did excel in your role in relation to your colleagues.

This means you'll have to keep track of your perform-

**List any leadership roles**

Were you responsible for training new hires? Did you lead a number of sales associates during peak times? Were you in charge of closing or opening the store? Were you a member of the store's health and safety committee?

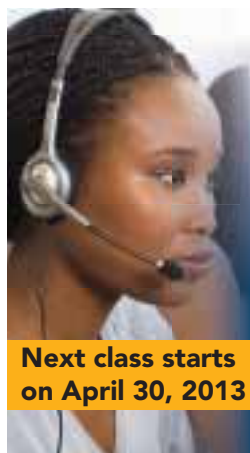
- If you were, it probably means that management trusted your abilities and judgement to meet company standards, lead a team and resolve any problems that may arise. If you were called to perform tasks that made you a leader in your store, include the most notable ones on your resumé.

ance (take photocopies, print out sales reports and relevant emails, and take pictures of significant sales receipts or merchandising lay-outs you worked on).

**Display your commitment to learning**

The top sellers tend to be the people with the most knowledge about products. If you attended any optional or mandatory product knowledge seminars during your employment, be sure to list how many and any key, transferable highlights from them. It signals to a potential employer that you take retail seriously, you're open to learning new things and that you're able to adapt to new situations.

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Retail reminds workers that a simple smile can solve sticky situations. iStock

# Bring along your selling skill

**A position that pays.**  
Expect to gain plenty of transferable skills with your job in customer service

LEAH RUEHLICKE  
TalentEgg.ca

Working retail allows you to gain some transferable skills that are valuable in any industry. Regardless of whether you are pursuing your passion for numbers and aiming for an accounting degree or planning to explore the healthcare industry as a registered nurse, your time spent behind the counter at a retail store might prove to be more beneficial than you realized.

Take a look at how those classic points that employers seek on resumes can be supported by your time working the kiosk in the mall.

**Excellent interpersonal skills**  
First and foremost, working in the customer service industry

gives you the chance to spend your entire day communicating with people. You learn to be helpful but genuine. Friendly, yet efficient. You also get the chance to work with diverse groups of people, allowing you to experience and deal with a mixture of personality types.

**Effective time-management skills**  
Your Monday 9 a.m. to 4:30

p.m. shift is followed by Tuesday's 12:30 p.m. to 7 p.m. and Wednesday's 5 p.m. to close.

A flexible schedule forces you to learn how to utilize your time to get everything done. Perhaps you are on the prowl for a more permanent position, or are still trying to fit your badminton games in three times a week. Working a job with ever-changing hours forces you to be on top of things.

**Experience handling cash, debit and credit card transactions**

Handling money indicates that you are trustworthy and able to count (which is a skill in and of itself). A future employer will appreciate both of these things. **TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.**

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# BUILDING COMMUNITY ONE COUCH AT A TIME



Shopping at the MCC Furniture Thrift Store is always an adventure – at very reasonable prices.

“We get the most interesting pieces, everything from 50’s retro furniture and antiques, to practical everyday appliances and furniture,” says Martha Wieler, manager.

Situated in the Weston area of Winnipeg, “the product changes daily, and it’s always fun to see what comes in. We have 10,000 square feet full of couches, hide-a-beds, bedroom and dining sets, office furniture and appliances.”

Supported by dedicated volunteers and generous donors, the primary objective is to

support the local and international work of the Mennonite Central Committee (MCC) in areas such as education, health, agriculture, peace and justice issues and job creation.

Customers and donors are also helping save the environment by diverting perfectly good furniture from landfill.

How did the store, which is celebrating its 10th anniversary, get started?

“A number of years ago our church congregation in Winnipeg was helping to re-settle refugees,” explains founding member John Wieler. “Getting affordable furniture at the time was difficult and so the idea of a furniture thrift store took root.”

Today, customers come from all over

Winnipeg. “We see young couples needing furniture for their first home, cottage owners looking for appliances, students setting up their dorm room, people with limited income, as well lovers of all things unusual or different,” says Martha Wieler.

The store is dependent on the work of volunteers and volunteer Annemarie Wiebe, sums it up best: “I get to work alongside willing volunteers who share the passion of doing something meaningful with their time as well socializing with others.”

The store will gladly pick up good used furniture.

## WHY SHOP AT MCC FURNITURE THRIFT STORE?

“The prices are very good,” says Irene Thompson, who lives in the area.

“There is good furniture and service, I really like it. You’ll probably see me around quite a bit.”

It’s the merchandise, says another regular customer Mary G. “Eventually you will find everything you need at a quarter of the new prices. And the furniture will usually be better quality than the new.”

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# SPRING CLEANING AT ITS BEST

One of the most important parts of the annual spring clean is to de-clutter across the board from furniture to household items to your wardrobe. The Salvation Army Thrift Store provides these tips on how to refresh, recycle and restyle... and feel good about it.

Refresh your home with a new – albeit gently used – piece of furniture, and be sure to donate any furniture and household goods that you no longer need. Also, clean out clothes closets, and if you haven't worn something for six months or you're tired of it, launder, fold and donate it too.

The items that are needed most by those in need, says Scott Gilmore of the Salvation Army NRO, are clothing, furniture, household goods and knick-knacks.

"When you donate to our stores, the net proceeds stay in the community," he says. Shopping and donations support families and individuals through a range of Winnipeg-based programs such as emergency disaster, community and family, homeless, addiction and street youth services.

In 2012, Salvation Army National Recycling Operations in Winnipeg diverted 3,339,034 pounds of household waste away from local landfills through its Thrift Store recycling programs.

By donating useable household items such as clothing, shoes, toys, electronics or books to the Salvation Army, you reduce the amount of these types of items going to landfill – and provide a second life for the product.

Products that are deemed 'unsellable' by thrift store personnel can often be resold to third party recyclers for additional proceeds to support our programs.

Thrift stores are filled with fashion finds. Where else might you find a vintage outfit for under \$20? Remember, new items are arriving every day. Experts recommend that you plan your shop (have a particular item in mind) but keep your eyes open for good deals on other things.

## THE SALVATION ARMY IS HERE TO HELP

When you're spring cleaning this year, think of the Salvation Army Thrift Store for donations of reusable clothing and household goods! Go to [thriftstore.ca](http://thriftstore.ca) for a list of stores and drop-off locations in Winnipeg, or call 1-800-757-4483 for large item pickups. For business donations please contact Colin Mackenzie at 204-953-1514.



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# THE JEWISH FOUNDATION: HELPING MANITOBANS OF ALL BACKGROUNDS



**St. Amant Centre received funding for its Music Therapy program from the Jewish Foundation of Manitoba.**

In Jewish life, there is no living without giving. Philanthropy is an essential Jewish value – a duty. The Hebrew word for charity – tzedaka – comes from the root word “tzedek,” meaning justice. So, Judaism doesn’t encourage giving because it’s nice; Judaism encourages giving because it is just.

For Manitoba’s Jewish community, the Jewish Foundation of Manitoba (JFM) is a key avenue for donors to

express their philanthropic interests.

Since its inception in 1964, the JFM has built up an asset base of around \$77.5 million. Today, the JFM is the second largest community foundation in Manitoba, and distributes nearly \$3 million annually to charitable organizations and scholarship recipients.

The Foundation distributes funds in response to grant applications and in keeping with the wishes of donors who often have specific requests about how the revenues earned by their funds should be allocated. Many of the dollars are distributed to organizations and programs outside of the Jewish community.

“We’re happy that we can help organizations both within the Jewish community and outside of it,” says Marsha Cowan, Chief Executive Officer of the JFM.

“Our donors are proud Winnipeggers and Canadians and are eager to demonstrate that pride through a Jewish philanthropic lens.”

To learn more about the Jewish Foundation, visit [www.jewishfoundation.org](http://www.jewishfoundation.org).



JEWISH FOUNDATION  
OF MANITOBA

*Today. Tomorrow. Forever.*

Supporting Women’s Causes in Manitoba

**2013** | Women’s  
Endowment Fund  
Luncheon

The Women’s Endowment Fund at the Jewish Foundation of Manitoba supports innovative programs designed to **improve the lives of Manitoban women of all backgrounds**. Since 1994, the Fund has distributed almost \$400,000 in grants to 71 organizations.

Join us **May 10** for the Women’s Endowment Fund Annual Luncheon, featuring guest speaker **Margaret Redmond**, President and CEO, Assiniboine Park Conservancy. Call 204.477.7520 for details and tickets.

*Thank you to all organizations that submitted grant applications by our March 1 deadline.*  
**Our next deadline is October 15.**

To see if your organization or project qualifies for a grant, visit:  
[www.jewishfoundation.org/womensendow.html](http://www.jewishfoundation.org/womensendow.html).



# CHALLENGE YOURSELF TO GET HEALTHY AND HELP OTHERS



The 6th annual Challenge for Life is a great way to kick-start your own good health goals – and raise funds for CancerCare Manitoba.

The 20 kilometre charity walk is being held June 8, which means there’s lots of time to train and raise money.

When you sign up, you’ll receive a training program, and there are free walking clinics too.

To take part in the event, participants are asked to raise \$1000. “And we provide you with all of the tools to help you raise the money, too,” says Alison Carter, special event manager. “In fact, most people exceed their goal.”

The best part really is about committing to improve your own health, says Carter. “A healthy lifestyle can cut your risk for cancer by

up to 50 percent.” Along with regular exercise, a healthy lifestyle consists of no smoking, healthy eating, sun protection and regular checkups.

“We’re proud of the Challenge for Life, a made-in-Manitoba event that raises money just for CancerCare Manitoba. Every year, we’ve raised over one million dollars.” About 600 to 700 people usually take part.

The walk starts in Assiniboine Park and loops through the city’s most beautiful and historic neighbourhoods. On walk day, there’s breakfast and lunch provided as well as snacks and entertainment at five check stops.

For more information, visit [www.challengeforlife.ca](http://www.challengeforlife.ca) or call 204 927-5433.

CancerCare Manitoba  
FOUNDATION

Challenge for  
**Life**



**20k Walk**  
**Saturday June 8, 2013**

Challenge yourself and help  
Manitobans living with cancer.

**204-927-LIFE (5433)**  
**[challengeforlife.ca](http://challengeforlife.ca)**



# Spring into healthy eating habits with Greek Yogurt Chicken Salad



Skip the bread and opt for lettuce leaves instead. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

**MAIJA MOMENTS**  
YummyMummyClub.ca

While I am all for deli-style chicken salad sandwiches on thick slices of white bread, sometimes the part of my brain that reminds me I need to be eating a little bit healthier pipes up and insists that some dishes can be made with health in mind.

It turns out, this recipe for Greek Yogurt Chicken Salad is as yummy as the original and can be made even healthier by using it in Chicken Salad Lettuce Wraps.

I also have to admit that I'll eat this stuff out of a bowl on its own, over rice or spread on toast. It's that yummy!

1. In a bowl, add chicken, celery, cucumber and cilantro.
2. Mix in Greek yogurt, Dijon mustard, and avocado until combined.

3. Place equal amounts of cabbage onto each lettuce leaf and top with chicken salad. Roll and enjoy!

**YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

## Ingredients

- 2 cups cooked chicken, shredded
- 1 rib celery, chopped
- 4 slices cucumber, chopped
- 1-2 tbsp fresh cilantro, chopped
- 1/2 cup plain Greek yogurt
- 1 tbsp Dijon mustard
- 1/2 avocado, peeled, pit removed, sliced and tossed in 1/2 tsp lemon or lime juice if desired (the bottled kind is fine)
- 1 cup shredded cabbage
- 6 lettuce leaves suitable for wraps

## Drink of the Week

### Blueberry-Mango Smoothie

This smoothie combines antioxidant-rich blueberries with mangos for a refreshing treat that is ready to enjoy in a few minutes.

- 1/4 cup (60 ml) plain soy milk
- 2 tbsp (30 ml) plain low-fat yogurt
- 1/4 cup (60 ml) frozen unsweetened blueberries
- 1/4 cup (60 ml) peeled cubed mango
- 1 packet Pure Via zero calorie sweetener
- 1 to 2 ice cubes

Place soy milk, yogurt, blueberries, mango and sweetener in blender container. Blend on medium speed until smooth. Add ice cubes and continue to blend until smooth. Pour in tall glass and serve.

NEWS CANADA



# Orange Ginger Sauce: make broccoli lovers of your family

If you believe everything you read on the Internet, coconut oil is a panacea, recommended for everything from frying your chicken to shaving your legs.

Its proponents say it relieves stress, promotes increased immunity, metabolism and weight loss, fights viruses, Alzheimer's disease, kidney problems, heart disease, high blood pressure and much more.

But coconut oil is more than 90 per cent saturated fat, or about 11.8 grams per 15 millilitres, compared to about 63 per cent or 7.2 grams for the same amount of butter. And saturated fat is generally considered to be a "bad" fat that increases overall cholesterol levels.

The reason this doesn't apply to coconut oil, say supporters, is that about half the saturated fat in the oil is medium-chain fatty acids, which are easier to digest than the more prevalent long-chain fatty acids in most other oils.

While the scientific community doesn't disagree, it urges caution. Everybody from the World Health Organization to the American Heart Association and Dietitians of Canada advise limiting the consumption of significant amounts of coconut oil due to its high saturated fat content.



This recipe serves four. THE CANADIAN PRESS H/O

Jackie Sarginson of Quesnel, B.C., is a firm believer in the benefits of coconut oil. She is one of the owners of T.T. Ultimate Products, the Canadian distributor of a high-end line of coconut oil called Tropical Traditions.

All coconut oil comes in the form of a white solid and looks much like shortening. Stored at room temperature, it will last for years.

## Broccoli or Green Beans With Orange Ginger Sauce

1. Blanch veg in boiling salted water 4 minutes. Drain.

## Ingredients

- 1 bunch broccoli, cut into florets, or 750 ml (3 cups) green beans, sliced diagonally into pieces
- 15 ml (1 tbsp) virgin coconut oil
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) orange zest
- 45 ml (3 tbsp) orange juice
- 1 medium garlic clove, peeled and chopped
- 1 small piece fresh ginger root, peeled and chopped
- 1 ml (1/4 tsp) Himalayan salt

2. Meanwhile, in a food processor combine remaining ingredients and process, scraping down sides as needed, until dressing is smooth.

3. If broccoli or beans still hot, toss with sauce and serve immediately. If vegetables have cooled too much and warm sauce is preferred, vegetables and sauce can be sautéed in a pan over medium heat 2 minutes before serving. **THE CANADIAN PRESS/ RECIPE COURTESY OF JACKIE SARGINSON OF T.T. ULTIMATE PRODUCTS.**

## Lunch. Spinach, Strawberry & Goat Cheese Sandwich



Many people are familiar with salads containing spinach, strawberries and goat cheese, so why not turn this combination into a delicious sandwich as well?

Sandwiches are a smart way to get all of your daily nutrients. Did you know that bread has naturally occurring vitamins and minerals similar to fruits and vegetables?

Baked with simple, wholesome ingredients like those found in your kitchen, this sandwich is healthy, unique and delicious.

1. Divide goat cheese and spinach between 2 slices of toast. Top with berries, drizzle with balsamic vinegar and season with salt and pepper.

2. Top with remaining slices of toast to form sandwiches. Slice in half and serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA

## Ingredients

- 1/3 cup (80 ml) crumbled goat cheese
- 2 cups (500 ml) baby spinach leaves
- 4 Slices Dempster's WholeGrains 12 Grain Bread, toasted
- 1 cup (250 ml) sliced strawberries
- Balsamic vinegar to drizzle
- Salt and pepper





Winnipeg Jets goalie Ondrej Pavelec blocks a shot on goal as teammates Bryan Little and Zach Bogosian and Boston Bruins forward Tyler Seguin look on at the MTS Centre on Tuesday night. Pavelec stopped 27 of the 28 shots he faced in a 3-1 win. MARIANNE HELM/GETTY IMAGES

# Jets soar in the third for comeback win

**NHL.** Pavelec holds Bruins at bay before his teammates solve Rask at other end

Blake Wheeler and Evander Kane scored just 57 seconds apart in the third period as the Winnipeg Jets rallied to beat the Boston Bruins 3-1 on Tuesday night.

Wheeler added an empty-netter for the Jets (16-12-2), who leapfrogged past Carolina again to take the lead in the Southeast Division with 34

points. The Hurricanes lost 4-1 to Florida and are two back.

Brad Marchand scored the lone goal for the Bruins (19-6-3), who dropped their second straight and sit two back of Montreal for the lead in the Northeast.

Until the third, the Bruins had given the Jets a lesson in tight defensive play and it was only Jets netminder Ondrej Pavelec who kept them in the game.

Just eight seconds into the second, Marchand grabbed a loose puck right beside the Winnipeg net and scored, thanks to a mistake by Zach

On Tuesday

3

Jets

1

Bruins

Bogosian.

The Jets defenceman bounced the puck off the net instead of clearing it behind, Marchand swooped in and was free and clear to slip it past Pavelec from the edge of the crease.

The Jets managed to shut

down the Bruins in the first period even though Boston had two power-play opportunities.

Their penalty kill never wavered, but pucks weren't going in until the 11:44 mark of the third when Wheeler redirected Bogosian's shot from the blue-line past Tuukka Rask on a power play.

Then Kane slammed home Grant Clitsome's rebound to put the Jets ahead at 12:41 before the Bruins had time to recover.

Pavelec finished with 27 saves, while Rask stopped 22 at the other end.

THE CANADIAN PRESS

NHL

## Malkin hopes to suit up this week

Pittsburgh Penguins centre Evgeni Malkin skated with his teammates on Tuesday morning and is hopeful he can return to the lineup later this week.

The reigning NHL MVP has missed Pittsburgh's past five games with an undisclosed upper-body injury. He worked out by himself then joined the rest of the Penguins for a morning skate, though he was ruled out for Tuesday night's game against Washington.

THE ASSOCIATED PRESS

NBA

## James' Ohio visit overshadowed by win streak

LeBron James and the Miami Heat are about to play another game in Cleveland.

Yawn. That's what a 23-game winning streak will do.

It mutes the LeBron-Goes-Home-Again hype.

But after gutting out a win in Boston on Monday night and what lies ahead, it may no longer be farfetched to think that the record of 33 straight victories set by the 1971-72 Los Angeles Lakers is within Miami's grasp.

"It means a lot," James said after the Boston game. "I know the history of the game. To be sitting in second place right now ... for us to be there and doing it in the way we want to do it, it means a lot."

THE ASSOCIATED PRESS



LeBron James  
GETTY IMAGES

# Swede and sour results for Homan



Rachel Homan releases a rock as Alison Kreviazuk, left, and Lisa Weagle sweep. THE CANADIAN PRESS

Canada's Rachel Homan split her games for the second straight day at the world women's curling championship, dropping an 8-4 decision to Sweden on Tuesday night after edging Italy 7-6 earlier in the day.

Sweden's Margaretha Sigfridsson got around a guard with her final throw and knocked Homan's stone from the four-foot ring for the win.

"It was very frustrating to lose that one because we definitely outplayed them," Homan

Quoted

"If we keep playing like that, we'll be fine the rest of the way." Canadian skip Rachel Homan feels her team is settling in well.

said. "But that happens sometimes, that's curling. You just move on and take the good from that game and keep doing it."

Homan has a 4-3 record after 11 draws, good for a share of fourth place in the round-robin standings. Sigfridsson and Scotland's Eve

Muirhead share first place at 6-1 and Russia's Anna Sidorova is third at 5-2.

The United States, Switzerland and Japan are tied with Canada at 4-3. The top four rinks in the 12-team field will make the playoffs.

Despite the loss, Homan and her coach were satisfied

with the effort against the 2012 silver medallists. The 23-year-old Ottawa skip felt the Canadians took a step forward on Tuesday and felt more settled on the ice.

In the afternoon session, Homan hit a draw with her final throw for a win over Italy.

"It was a great last judge by my front end and a great team end," she said. "We made eight shots that end, so it was good."

Canada will play Germany and Switzerland on Wednesday. THE CANADIAN PRESS



# Will they stay or will they go?

With Ryan Getzlaf and Corey Perry off the trade market, the interest now switches to several other players who could make an impact with teams trying to make the playoffs or those hoping for a long post-season run.

TORSTAR NEWS SERVICE

Getty Images



## Jarome Iginla

The Calgary captain has moved to the top of the list. Flames GM Jay Feaster absolutely needs to trade him to start the rebuilding process. Any deal has to include a first-round pick and a top prospect. Iginla appears ready to move but he has a say in where he'll go. Look for Pittsburgh and Los Angeles to make pitches.

## Martin St. Louis

If Steve Yzerman decides it's time to deal him, then St. Louis might move past Iginla as the most sought-after player. Tampa looks like they'll be on the sidelines. St. Louis is 37 but he's still a premier playmaker, with 30 assists to go along with his seven goals. He needs to OK any trade, and Stevie Y will certainly want some talented youth in return.



## David Clarkson

Hard to see Devils GM Lou Lamoriello trading Clarkson, 28, with New Jersey still in the playoff picture. He'll be an unrestricted free agent this summer, so if you're going to give up a draft pick to get him, you'd better be sure you can sign him. It will take more than his current \$2.6-million salary. He scored 30 last season and has 11 in 29 this year.

## Marian Gaborik

The New York Rangers apparently are trying to deal him and there's a match if a team can give them a top four defenceman. But he's got a no-trade clause and likes playing and living in Manhattan.

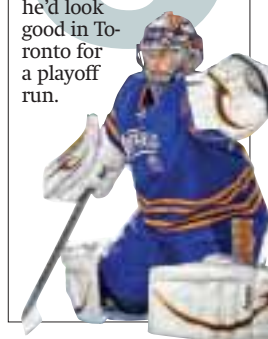


## Robert Luongo

It's getting to the point where the Vancouver Canucks might need both of their goalies to even make the playoffs, never mind do some damage in the post-season. Once a lock to be dealt, it now seems more likely a deal will happen in the summer unless Mike Gillis is really desperate for a second-line centre.

## Ryan Miller

If there is to be a house cleaning in Buffalo, Miller could fetch some young talent. He can win games on his own when he's motivated. He's spent a career beating the Leafs and he'd look good in Toronto for a playoff run.



## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	52	14	.788	—
Indiana	42	26	.618	11
New York	39	26	.600	12½
Brooklyn	39	28	.582	13½
Atlanta	37	30	.552	15½
Chicago	36	30	.545	16
Boston	36	30	.545	16
Milwaukee	34	32	.515	18
Philadelphia	26	40	.394	26
Toronto	26	41	.388	26½
Washington	23	43	.348	29
Detroit	23	46	.333	30½
Cleveland	22	45	.328	30½
Orlando	18	50	.265	35
Charlotte	15	52	.224	37½

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	45	21	.682	5½
Denver	46	22	.676	5½
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	33	.522	16
Utah	34	33	.507	17
Dallas	32	35	.478	19
Portland	31	36	.463	20
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	23	45	.338	28½
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

#### Tuesday's results

Indiana 95 Orlando 73

Milwaukee 102 Portland 95

Denver at Oklahoma City

L.A. Clippers at Sacramento

Miami at Cleveland, 7 p.m.

Toronto at Charlotte, 7 p.m.

Orlando at New York, 7:30 p.m.

Milwaukee at Atlanta, 7:30 p.m.

Brooklyn at Dallas, 8 p.m.

Boston at New Orleans, 8 p.m.

Utah at Houston, 8 p.m.

Oklahoma City at Memphis, 8 p.m.

Golden State at San Antonio, 8:30 p.m.

Washington at Phoenix, 10 p.m.

Philadelphia at L.A. Clippers, 10:30 p.m.

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	23	8	0	110	81	46
NY Rangers	29	15	12	2	70	70	32
New Jersey	30	13	11	6	74	84	32
NY Islanders	29	13	13	3	86	96	29
Philadelphia	30	13	16	1	81	92	27

#### NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	29	19	5	5	92	73	43
Boston	28	19	6	3	82	60	41
Ottawa	30	16	8	6	77	65	38
Toronto	29	15	12	2	86	83	32
Buffalo	30	11	15	4	79	95	26

#### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	30	16	12	2	80	86	34
Carolina	29	15	12	2	84	82	32
Tampa Bay	29	13	15	1	96	86	27
Washington	29	12	16	1	79	87	25
Florida	30	8	16	6	74	110	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

#### Tuesday's results

Winnipeg 3 Boston 1

Ottawa 5 NY Islanders 3

Pittsburgh 2 Washington 1

Florida 4 Carolina 1

Columbus 4 Nashville 3

NY Rangers 3 New Jersey 2

Buffalo 3 Montreal 2 (OT)

St. Louis at Vancouver

Phoenix at Los Angeles

#### Monday's results

NY Rangers 2 Carolina 1 (SO)

Tampa Bay 4 Philadelphia 2

Dallas 4 Calgary 3

Chicago 5 Colorado 2

Minnesota 3 Vancouver 1

Anaheim 5 San Jose 3

Los Angeles 4 Phoenix 0

#### Wednesday's games

##### All times Eastern

Tampa Bay at Toronto, 7 p.m.

Minnesota at Detroit, 7:30 p.m.

Dallas at Colorado, 9:30 p.m.

San Jose at Edmonton, 9:30 p.m.

Chicago at Anaheim, 10 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Columbus	30	12	12	6	68	79	30
Nashville	30	11	13	6	70	81	28

#### NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	28	16	10	2	73	69	34
Vancouver	28	13	9	6	78	80	32
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	28	10	14	4	71	89	24

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	28	21	3	4	95	69	46
Los Angeles	28	16	10	2	85	71	34
San Jose	28	12	10	6	67	74	30
Phoenix	29	13	12	4	77	82	30
Dallas	28	13	12	3	73	84	29

### SCORING LEADERS

	G	A	Pt
Crosby, Phg	13	35	48
Stamkos, TBL	21	19	40
Kunitz, Phg	18	22	40
St-Louis, TBL	7	31	38
Kane, Chi	16	21	37
Staal, Car	14	20	34
Getzlaf, Ana	11	22	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Duchene, Col	12	19	31
Ribeiro, Wash	10	21	31
Datsyuk, Det	9	21	30
Semin, Car	8	22	30
Zetterberg, Det	8	22	30
Neal, Phg	17	12	29
Ladd, Win	14	15	29
Toews, Chi	14	15	29
Moulson, NYI	11	18	29
Stewart, STL	14	14	28
Parenteau, Col	12	16	28
Letang, Phg	3	25	28

Tuesday's games not included



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**metro**

metro

# SPRING CAR CARE

Wednesday, March 20, 2013



Take time to wash the dirt and grime off your vehicle after driving during the winter. Also, be sure to change the fluids and check all belts and hoses. COMSTOCK/THINKSTOCK

## It's time to spring into action

**It's a new season.** With warmer weather around the corner, get your vehicle looking its best

Living in Canada means that most of us have to endure long, cold winters and that can be tough on our vehicles. Salt, snow and freezing cold temperatures can test electrical systems, stain carpets and generally cause our vehicles to look filthy and unkempt.

When spring rolls around and the days get warmer and longer, we want to be outside and show off our favourite

ride. However, in order to ensure that it both looks and runs good, there are some things you need to consider as the last vestiges of winter are left behind.

### Change your fluids

Whether the car has been driven during winter or not, one of the best things you can do is change the fluids. This includes the oil, transmission

fluid, power steering fluid, differential fluid and anti-freeze. If you are unsure of the last time any were changed do it as a matter of precaution. If the vehicle is newer, then refer to your owner's manual and the warranty information booklet.

### Rust proofing

If you want your vehicle to last longer, an annual application of rust proofing is a good investment. The best time to have rust proofing applied is during the spring since warmer temperatures and salt resi-

due left over from winter accelerate the oxidation process.

### Check your belts and hoses

Another easy thing to do is to check your belts and hoses. Over time, rubber becomes brittle, causing it to crack. Even if you aren't able to change them yourself, get them inspected as part of your spring service.

### Give it a bath

This might seem obvious, but once the warmer weather arrives, spend the time to give your vehicle a good wash. Be-

fore you start, make sure you wash the vehicle out of direct sunlight in order to prevent soap and water stains from forming on the paint.

### Detailing

Once the vehicle has been washed, it's time to detail it. There are a huge range of vehicle specific detailing products on the market today, ranging from tire shine, to paint polishes and waxes, glass cleaners and even trim and interior sprays. Spring is often a good time to go shopping at your local car accessory store

to stock up on fresh products.

### Don't forget the wheels

Even if a vehicle has great paint, once it has been cleaned it can be let down by dirty or shoddy looking wheels. Modern alloys, especially, really benefit from a good quality wheel cleaner, and once the work has been done, can make your ride look like a million bucks.

### Clean the inside

Besides the exterior, you should clean inside, too.

METRO NEWS SERVICES

## Keep your vehicle running smoothly

Your vehicle has survived the harsh winter and with the lure of long weekends, cottage getaways and summer road trips, it's time for a spring tune-up so you don't get left at the side of the road.

The CAA recommends:

- Seasonal maintenance checkups.
- Give your vehicle a thorough cleaning to remove salt and sand accumulated over the winter. Clean under the hood; shampoo the

engine and wheel wells.

- Check all lights to ensure they are in good working order, including the headlights, brake, reverse, turn indicators, hazard lights and license plate.
- Remove winter tires and install all-season tires.
- Make sure your tire pressure is within factory specifications. The vehicle's owner manual will have recommendations and the information can also be found on the drivers' door

jam or glove box.

- Always keep your mirrors and windows clean.
- Check your wiper blades and replace if they are worn or damaged. Wiper blades are critical for safety, and only have a lifespan of about 12 months.
- Change your oil every 5,000 kilometres or three months (whichever comes first) and keep fluids like brake, coolant and windshield washer topped up.

METRO NEWS SERVICES



Make sure your tire pressure is within factory specifications. ISTOCKPHOTO/THINKSTOCK



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# How much do you love your vehicle?

The majority of Canadians are having a love affair with their cars, according to a recent survey.

An Angus Reid public opinion poll commissioned by Canadian Tire found that 63 per cent of Canadian drivers say their vehicle is like an extra appendage with which they can't live without. Survey results also show that Canadians are spending considerable time in their cars — nearly half (46 per cent) spend four to nine hours behind the wheel and another 18 per cent spend between 10 to 15 hours each week in their vehicle.

Despite feeling the love for their cars, however, results reveal that some owners are less devoted when it comes to caring for their vehicles. While the majority (79 per cent) of Canadians like to keep the exterior of their cars shiny and clean by washing them at least three or four times throughout the year, only half of drivers give their interiors the same TLC, despite admitting that they regularly eat and drink in their cars.

"With winter driving behind us and summer road trips on the horizon, it's time for Canadian car owners to show their cars some love by shifting into spring with the proper cleaning and maintenance," said Tony Kuczynski, vice-president of accessories, tires and auto service for Canadian Tire.

"Cars can become a breeding ground for germs, especially if there's frequent eating or pets in the car."



Winter tires should be changed when the temperature rises above 7 C, experts say. STOCKBYTE/THINKSTOCK

## Winter tire removal

When it comes to winter tire removal, owners were split on the best time of year to do so. Nearly one-third (30 per cent) of respondents remove them as soon as the snow melts, while 28 per cent wait

until at least May, just to be safe.

Kuczynski suggests that car owners who are waiting until May might be causing unnecessary damage.

"With experience in stalling and removing hun-

dreds of thousands of winter tires every year, we recommend that in order to avoid excessive tire wear, winter tires should be changed when the temperature outside rises above 7 C, which in most of Canada is between mid-April

## More survey findings

- **Pet names:** Fourteen per cent of car owners admit to naming their cars, with "Baby" or "Mon Bebe" topping the list as most popular names.
- **DIY approach:** Canadian car owners are hands-on when it comes to washing the exterior of their cars, whether doing it at home (40 per cent) or at a drive-through (49 per cent). Only six per cent have their cars professionally cleaned.
- **Total car protection:** Twenty-two per cent of owners say they will not let anyone eat or drink in their car at all, in order to keep it looking great.

and May. Winter tires left on too long in warm weather can accelerate wear and tear to the treads, which could impact grip on the road next winter."

## Accessories

When asked what most spices up their relationship with their car, respondents put technology accessories at the top of the list. The top two choices were music players, such as MP3 players or satellite radio, and GPS devices. Interestingly enough, despite recent legislative changes in many provinces, Bluetooth gadgets were tied with floor mats as the third most popular accessory option.

METRO NEWS SERVICES



ISTOCKPHOTO/THINKSTOCK

## Women feel slighted at mechanics, survey finds

Today's woman still takes a back seat to her male counterpart when it comes to servicing her car, according to a recent survey.

A poll commissioned by Speedy Corporation, a leader in while-you-wait automotive services, found that almost half of Canadian women surveyed (43 per cent) feel they receive worse service than men when it comes to having their cars fixed.

Further, 42 per cent of women believe they are quoted higher prices than men when looking to service their cars. This old-fashioned notion that automotive repair shops favour the male driver is not only held by women — the survey found that more than one-third of men polled (36 per cent) feel the level of service delivered by a mechanic is affected by gender. Clearly, men are also noticing that women don't receive the same level of service.

Despite a biased treatment at the shop, women appear to be adopting a do-it-yourself attitude in their own garages. Not afraid to roll up their sleeves and get down with dirt, 70 per cent of women surveyed said they know how to check their car's oil. Just more than half of Canadian women surveyed (52 per cent) said they could change a windshield wiper, and one-third said they are comfortable changing a tire.

However, the level of car care confidence seems to be generational, with women aged 18 to 44 showing the highest rates of do-it-yourself skills, while women 50 and older had the lowest response rates for hands-on maintenance.

METRO NEWS SERVICES

## Potholes. Avoid a hefty price tag on the roads

You're driving along when you feel that familiar jolt after unexpectedly hitting a pothole.

You know without even looking at a calendar that it's pothole season, the time of year when you notice more and more craters popping up on your drive to and from home.

For some drivers, pothole season comes with a hefty price tag. Damage to your vehicle could mean costly repairs. The parts of your car that may be damaged include — wheel alignment, mufflers, wheel rims/hubcaps, tires, suspension components and shock absorbers.

The CAA recommends the following spring driving tips:

- Keep your speed down.
- Be cautious when roads are wet, as there may be a pothole under that puddle.
- Be extra careful at night when potholes are hard to see.
- Watch for cyclists swerving to avoid potholes.
- Keep tires properly inflated. An improperly inflated tire increases the chance it will burst when it hits a pothole.
- Have tires, wheels and suspension components of your vehicle inspected frequently if you drive over potholes.
- And if you must go over a pothole, go slowly and don't hit the brakes or you may compound the damage.

METRO NEWS SERVICES



Damage during pothole season could lead to costly repairs for your vehicle. TORSTAR NEWS SERVICE FILE



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\*Model shown is a 2013 Forester 2.5X 5MT (DJ1 XO) with MSRP of \$28,105 including freight & PDI (\$1,595), documentation fees (\$395) and air and tire levies (\$120). License, taxes, insurance and registration extra. \*\*0.5% finance and lease rates available on all new 2013 Forester models for a 24-month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. †\$2,500 cash incentive is for cash customers only and is available on all new 2013 Forester models. Cannot be combined with Subaru Canada supported lease/finance rates or Stackable dollars. Dealers may sell for less. Dealer order/trade may be necessary. \*\*†Offers valid until March 1, 2013. See your local Subaru dealer or [www.frontiersubaru.com](http://www.frontiersubaru.com) for complete details.

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# Another feather in Peter Schreyer's hat



ALL PHOTOS WHEELBASE

## 2014 Kia Forte

- **Type.** Four-door, front-wheel-drive compact sedan
- **Engine (hp):** 1.8-litre DOHC I4 (148); 2.0-litre DOHC I4 (173)
- **Transmissions.** Six-speed manual (1.8); six-speed automatic (optional on 1.8, standard on 2.0)
- **Base price (including destination).** \$17,500 (estimated)

## Design

The Forte's looks for 2014 have been dramatically changed from play-it-safe conservative to fashionably sophisticated. The car contains elements of the Elantra, particularly above the beltline with its dramatically sloping windshield, while the distinctive familial "tiger nose" provides an important point of differentiation. Overall length has increased by about 2.5 centimetres, while the distance between the front and rear wheels has



Good design can't be translated unless the quality and materials are first rate. Kia brings that along in lockstep.

been extended by five centimetres. That stretch pays off in added legroom for front and rear passengers, but a lower roofline means there's a bit less total passenger volume than before.

## Engine

Also dialed back somewhat is the Forte's power. The new base 1.8-litre engine (also shared with the Elantra) pumps out 148 horsepower and 131 pound-feet of torque, compared with 156 horsepower and 144 pound-feet for the previous base 2.0-litre. The now-optional 2.0-litre four-cylinder (that surprisingly is not on the Elantra sedan's menu) produces 173 horsepower and 154 pound-feet of torque.

## Fueleconomy

Official fuel-economy stats (a touchy subject for Hyundai/Kia lately, given its recent recanting of fuel economy claims on certain models) have yet to be released, but the numbers for the base 1.8 should be in the 7.0-l/100-km range in the city and about 5.0-5.5 on the highway.

**Review.** Brush away the designer hype and you still have something special

MALCOLM GUNN  
wheelbasemedia.com

Despite being an all-new model for 2010, the Kia Forte never really caught on in a big way. When you look at the numbers now, it really has nowhere to go but up, and with this redesign, that's where this compact is headed.

The new Forte that launches this spring bears the unmistakable influence of design chief Peter Schreyer. For the past six years, the former Audi stylist has been largely responsible for the style of Kia's fleet, as well as those built by its Hyundai parent. With Schreyer's assistance, Hyundai Elantra sales have more than doubled since the 2008 model

year, while the Forte, which trails by a considerable margin, has experienced a more modest advance since arriving for 2010. The Forte's platform is shared with the Elantra.

A six-speed manual transmission comes with the 1.8, while a six-speed automatic is optional but standard with the 2.0 along with Kia's "Idle Stop & Go." This piece of new fuel-saving tech shuts off the engine when the Forte is stopped in traffic, then restarts it when the brake pedal is released.

Spending time aboard the Forte will prove comforting for passengers and especially pleasing for the driver who faces an intuitively laid-out dashboard and control panel.

He or she also has command over the level of steering effort with the Forte's optional Flex Steer system. With it, the electric power steering can be adjusted to comfort, normal and sport settings, with the latter offering the least amount of assist.



It looks like a cross between the Rio and the Optima, both of which are now fine automobiles. The Forte is a bit longer than the outgoing model, but also has less base horsepower. That's more likely in the interest of keeping the entry price down rather than in fuel economy.

Of the Forte's two trim levels, the starting-point LX leans to the simpler side of the ledger with its smaller engine, 15-inch steel wheels, basic audio system and the lack of cruise control or a keyless-remote-entry button on the fob.

Move up to the EX and it's a different story. Along with adding the LX's missing items, you can count on dual-zone climate control, a Microsoft-powered infotainment system, backup

camera, glove-box cooler and 16-inch alloy wheels. Oh, and the optional 2.0-litre four-cylinder is also an EX staple.

But it's the lengthy option list that can turn the EX into a junior-sized luxury sedan. A navigation system, power sunroof, heated front seats and steering wheel, 10-way power driver's seat, 17-inch wheels and high-intensity-discharge (HID) headlights are all available.

## By comparison



**1 Ford Focus**  
Base price: \$17,700



**2 Nissan Sentra**  
Base price: \$16,550



**3 Honda Civic sedan**  
Base price: \$17,000



# Chevy HHR wagon a decent ride

## Second Gear.

2006 to 2011  
Chevrolet HHR

JUSTIN  
PRITCHARD  
drive@metronews.ca

The Chevrolet HHR was a crossover wagon that rode the same platform as the Chevrolet Cobalt, was powered exclusively by four-cylinder engines and offered up retro styling, a flexible cabin and relatively low operating costs.

Look for feature content including Bluetooth, a sunroof, keyless entry, power accessories, leather-wrapped accents and more. Shoppers should note that LS models were the more “basic” HHR units, while LT models were more loaded.

### Common Issues

Key concerns on a used HHR tend to centre around electric steering system failure, which could cause a loss of power assist. This may startle drivers and could result in an accident. Thankfully a recall addressed this situation, and your local GM dealership has more details.

Check the automatic gear shifter for proper operation, ensuring it shifts with no hesitation or difficulty. A faulty shifter button, cable and/or brake interlock switch could be to blame if that’s not the case. You’ll also want to note the ease of starting the

### What to expect

“Retro styling, a flexible cabin and relatively low operating costs.”



engine and removing the key afterward, as some owners have reported issues with the ignition key.

Hard or aggressive shifting from a model with the automatic gearbox could be a sign of a problem with a sensor or computer module controlling the gearbox. Finally, note any clunking or popping noises, especially from the front end, which could be evidence of a worn-out suspension part.

### Engine



Look for a 2.2 litre engine with 143 horsepower or a 2.4 litre with 172. Engine output was increased slightly in 2007, and all models got a four-speed automatic or five-speed manual transmission that drove the front wheels.

### What owners like



Ride quality, handling, fuel mileage and interior flexibility were all highly rated by HHR owners taking to the web. Smooth and refined power-plant performance was also noted.

### What owners dislike



Fussy seat controls, manual transmission shifter feel and rearward visibility, alongside blind spots, were among the HHR’s more common complaints.

### Verdict

Lower-than-average resale value combine with low running costs and high flexibility make a well-maintained, mechanically fit HHR a decent used buy. Just have that power steering system checked out.

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# Heavy foot? Honda's Econ function fixes that

**Driving Force.** Fuel savings may be as high as six per cent

JIL  
MCINTOSH  
drive@metronews.ca

No matter what type of vehicle you're driving, your fuel economy will improve if you keep a light foot on the throttle. Many automakers are now making it easier by including an "Economy" button that will help do it for you.

"The Econ button has the ability to make you drive gently," says Hayato Mori, manager of product planning for Honda Canada. "It will feel like your engine just went down one size. The car functions fine, but if you're used to certain acceleration, you sacrifice a bit of performance for fuel (savings)."

The Econ button affects the throttle response and air conditioning, along with the transmission on automatic-equipped vehicles.

Most cars no longer have a cable or mechanical linkage connecting the throttle pedal

to the engine. Instead, your foot pressure on the pedal sends an electronic signal to a computer that determines how much fuel to send to the engine.

Since hard "jackrabbit starts" are wasteful, the Econ system regulates a gentler throttle response, although you'll still have power to get up to speed or to pass other traffic.

Staying in a lower gear as your speed increases makes your engine work harder. An automatic transmission will always shift gears when the engine speed is high enough that the next gear is appropriate. But in Econ mode, the transmission will shift into the higher gears as soon as possible to reduce the load on the engine, which also saves fuel.

The Econ system won't have any control over a manual transmission, where it's up to the driver to shift gears, but there may be an upshift light in the dash. This advises the driver, based on the engine speed, when he should shift to a higher gear for better fuel economy.

Finally, when the Econ button is activated and the air conditioning is on, the system will limit the length of time

## More tips

- Many vehicles have a "Sport" button, which works opposite to an Econ button: it quickens throttle response, holds lower gears longer, and on some, tightens the steering feel for sportier performance.
- Your fuel economy will always improve if you accelerate gently, and use steady throttle pressure to maintain your speed.

the a/c condenser runs. The condenser uses engine power, so while the cabin may be slightly warmer than with full a/c, you'll notice a difference in fuel consumption.

Several Honda vehicles have lights in the instrument cluster, which coach you to drive more efficiently by changing from green to blue if your foot's too heavy. "If you follow the coaching lights and use the Econ button, you can get up to four and possibly six per cent savings in fuel," Mori says.



Fuel economy goes up by using the Econ function, but a little bit of performance is sacrificed. COURTESY HONDA CANADA

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## Horoscopes

### Aries

March 21 - April 20

As of today, all the pieces of your jigsaw that failed to fit will at last fall into place. You will know who you are, what you want and that surely you will get it.

### Taurus

April 21 - May 21

You seem to feel guilty about something and with the Sun moving into the most sensitive area of your chart today, it could all get a bit much for you. Get a grip!

### Gemini

May 22 - June 21

Don't leave people guessing today. Tell them exactly what you mean. Over the next few weeks, you will find it easy to win friends and influence people. So, speak up and when necessary, speak loudly.

### Cancer

June 22 - July 23

You can and you must pursue your own ambitions, whatever they might be. According to the planets, this is a make or break time as far as your reputation is concerned. Be positive and be ready to move up.

### Leo

July 24 - Aug. 23

You may find yourself called upon to help someone in need today and, of course, you will assist in any way you can. However, do not — repeat, not — lend them money because chances are you won't see it again.

### Virgo

Aug. 24 - Sept. 23

If you have fallen out with a friend or family member now is the time to kiss and make up. But make sure any apology you make sounds sincere or you could find yourself in deeper water than before.

### Libra

Sept. 24 - Oct. 23

Your needs must come first. As the Sun moves into your opposite sign today so partners and colleagues will expect you to do everything for them. Put your foot down right from the start, on their toes if necessary!

### Scorpio

Oct. 24 - Nov. 22

Don't leave anything to chance: Stay on top of work and money matters and make sure you are the only one who can make things happen. If you let others make decisions for you, they may take your power.

### Sagittarius

Nov. 23 - Dec. 21

There is excitement in the air. You know that something wonderful is going to happen. And so it is, but don't be too disappointed if it is not quite as wonderful as you expected. It will get better as time goes on.

### Capricorn

Dec. 22 - Jan. 20

There are days when all you want to do is watch the world go by from the safety of your armchair, and this is one of them. Not even a Capricorn can be a mover and shaker all the time.

### Aquarius

Jan. 21 - Feb. 19

Your mind may be full of good ideas but how many of them will see the light of day? Too often in the past you have failed to follow up on your insights, but now you must. It's your turn to shine.

### Pisces

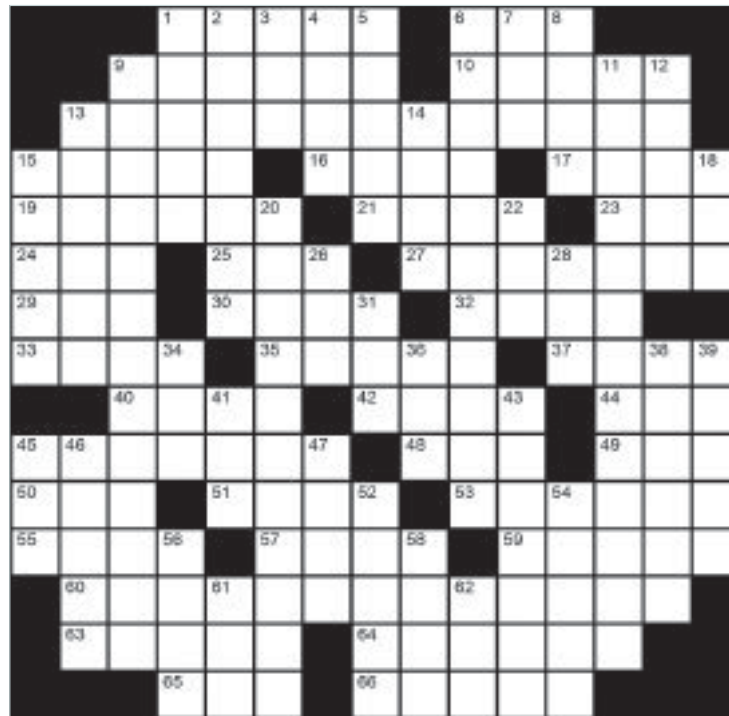
Feb. 20 - March 20

The Sun may be leaving your sign but that does not mean the good times are ending. On the contrary, you will soon enjoy rewards of the efforts you made in recent weeks. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Salma Hayek movie
- Dance style
- Shut
- Wise guy, Smart \_\_\_ [var. sp.]
- "Wondering Where the Lions Are" singer/songwriter: 2 wds.
- Erased
- Knight's heraldic wreath
- Enjoy a novel
- Namesakes of Mario's brother in Nintendo games
- Lunchtime
- "Law & Order: \_\_\_"
- Assn.
- Lid's protectee
- Like the stone of a foot file
- Fitness system, \_\_\_ Bo
- Rosebud, for one
- Prong
- Word segment, for short
- Grassland of South Africa
- Empire of Peru
- Ms. O'Grady of "Eight Is Enough"
- Toward: French
- Carson Daly's li'l old MTV show
- Coming into sight: 2 wds.
- Big Apple toy store, \_\_\_ Schwarz
- Vintage auto
- Utah's capital [acronym]



- Cup ' \_\_\_ (Hot drink, informally)
- Boorish beings in Jonathan Swift's book Gulliver's Travels
- North Pole laugh: 2 wds.
- Village People hit
- Gets boring
- One of Queen Eliza-

- beth's royal residences: 2 wds.
- Fresco-\_\_\_ (Painting technique)
- Permeates
- "Ich bin \_\_\_ Berliner."
- Feats

### Down

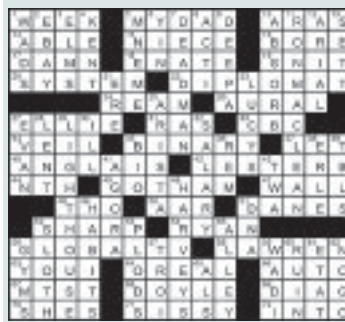
- Thrown

- Western Canada mountains
- 'Expert' suffix
- Design style, Art \_\_\_
- Embellish
- Fast food item for 'to go' customers: 2 wds.
- Religious robe
- Fear: French
- 1885: British Columbia

site of the Canadian Pacific Railway's 'Last Spike'

- Croissants: 2 wds.
- Card deck's Jack
- \_\_\_ and DVD
- Hoof sound
- Ink stains
- Flop
- Ian's folk duo partner: 2 wds.
- Acr. for first-last names only people
- Wide shoe width
- 'Tortell' ender (Stuffed pasta)
- Gladiator's 555
- "Well, \_\_\_-di-dah!"
- Word's meaning, for short
- Elvis flick, "King \_\_\_" (1958)
- At \_\_\_ for words
- Prefix with 'classical'
- Dishwater bubbles, but just one here: 2 wds.
- Informally seat theatre-goers
- Works the land
- Record deal dreamer's creation, commonly
- Bitter
- Detests
- Irish film of 2006 about two songwriters
- Pinnacle
- 601 in ancient Rome
- Homer's dad on "The Simpsons"

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -11°  
MIN: -18°

### THURSDAY



MAX: -9°  
MIN: -12°

### FRIDAY



MAX: -5°  
MIN: -9°



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